

NURSE ASSISTANT

CIP Code: Nurse Assistant 51.1614
Units of Credit: 0.5 – 1.0
Levels: 11-12
Skill Certificate: Available (State Certification)

Course Description: An educational program that prepares individuals to perform routine nursing-related services to patients in hospitals or long-term care facilities, under the training and supervision of a registered nurse or licensed practical nurse.

Standards and Objectives

STANDARD Certification

01 Students will describe the process for certification as a CNA.

- 01.01 Discuss laws and regulations that govern the work and certification of nurse assistants.
- 01.02 Explore the job duties of a nurse assistant.

STANDARD Orientation

02 Students will understand how their role fits into the overall health care environment.

- 02.01 Explain the purpose of various health care organizations.
- 02.02 Identify the members of the health care and nursing teams.
- 02.03 Identify the requirements of a CNA.
- 02.04 Identify ethical and legal practices in health care.
- 02.05 Describe the patient/resident bill of rights.

STANDARD Communication

03 Students will understand the various methods of giving and obtaining information.

- 03.01 Describe verbal and non-verbal forms of communication.
- 03.02 Identify information gathering techniques.
- 03.03 Discuss how and when to report observations.
- 03.04 Identify the procedures and rules related to documentation.

STANDARD Infection Control

04 Students will prevent injury or illness through safe work practices and follow health and safety policies and procedures.

- 04.01 Explain the relationship between microorganisms and infections.
- 04.02 List how microorganisms are spread.

- 04.03 Explain the body's defenses against infection.
- 04.04 Explain standard (universal) precautions and transmission-based precautions.
- 04.05 Recognize sterile and non-sterile items and situations.
- 04.06 Explain the principles of asepsis.
- 04.07 Explain personal and environmental infection control measures.
- 04.08 Understand the role of OSHA related to infection control.

04.09 Demonstrate the following skills:

- Handwashing
- Gloving
- Putting on and removing personal protective equipment (PPE)
- Standard (universal) precautions
- Maintaining a sterile field
- Transmission-based (isolation) precautions

STANDARD Basic Safety / Emergencies

05 Students will understand the existing and potential hazards to clients, co-workers, and self.

- 05.01 Identify safety measures that should be used for patient/resident care.
- 05.02 List fire prevention rules and steps to follow if a fire occurs.
- 05.03 Identify potential hazards that may occur in any setting and the role of the CNA in correcting the potential hazards.
- 05.04 Describe symptoms and treatment of a foreign body airway obstruction.
- 05.05 Differentiate between life threatening and non-life threatening emergencies.
- 05.06 List beginning and ending procedure actions to provide when providing care.
- 05.07 Identify rules and processes related to restraints.

05.08 Demonstrate the following skills:

- Proper body mechanics
- Care of patients/residents who fall
- Safety/emergency procedures, including abdominal thrusts (Heimlich maneuver)
- Application of chest/vest, limb, pelvic, and waist restraints

STANDARD Body Mechanics / Ergonomics and Assisting the Patient with Mobility

06 Students will understand the principles related to patient mobility.

- 06.01 Describe the principles of body mechanics and transferring.
- 06.02 Describe the principles of positioning and resident placement.
- 06.03 Explain the importance of preventing the complications of immobility.
- 06.04 Identify the principles of ambulation and use of assistive devices.
- 06.05 Describe how a Certified Nurse Assistant can recognize and report pain.

06.06 Demonstrate the following skills:

- Assisting a patient into/out of bed/up in bed
 - Lifting with the use of a lift/draw sheet
 - Dangling

- **Assisting a patient onto/off a chair/wheelchair**
- **One person assist/pivot transfer**
- **Two person assist**
- **Use of a transfer/gait belt**
- **Positioning:**
 - **Prone**
 - **Sim's**
 - **Lateral**
 - **Supine**
 - **Fowler's**
 - **Semi-Fowler's**
 - **Trendelenberg**
- **Log rolling**
- **Assisting with ambulation**
 - **Assisting a blind patient to ambulate**
- **Assistive/supportive devices**
 - **Cane**
 - **Crutches**
 - **Walker**
 - **Wheelchair**
 - **Geri-chair**
 - **Footboard**
 - **Bed cradle**
 - **Trochanter roll**
- **Range of Motion**
 - **Active**
 - **Passive**
- **Pressure Ulcer Prevention**

STANDARD The Patient's/Resident's Environment

07 Students will understand the impact they have on providing a quality patient environment.

- 07.01 Explain how a CNA can make a patient/resident's environment comfortable, safe, and clean.
- 07.02 Explain proper placement and answering of call lights.
- 07.03 Describe the general furniture/equipment and its proper use.
- 07.04 Explain the general guidelines in making a bed.
- 07.05 Understand the process of admitting, discharging, and transferring a patient/resident.

07.06 Demonstrate the following skills:

- **Bed making**
 - **Occupied: complete/foundation change only**
 - **Unoccupied: open/close**
- **Linen handling**
- **Call light placement**
- **Weight – standing scale only**

- **Height – standing or supine**

STANDARD Basic Human Needs

08 Students will recognize that all human beings share common needs.

- 08.01 Identify basic needs for maintaining life and mental well being.
- 08.02 Recognize physical, mental, psychosocial, and sexuality needs of the elderly.
- 08.03 Recognize, understand, and respect a patient's/resident's need for cultural, religious, and individual beliefs.

STANDARD Measuring Vital Signs

09 Students will collect baseline information and compare it to normal values.

- 09.01 List factors which can affect vital signs.
- 09.02 State normal ranges for vital signs.
- 09.03 Understand the CNA's role in the use of oxygen.

09.04 Demonstrate the following skills:

- **Measuring and reading glass, tympanic, electronic and digital thermometers.**
- **Measuring:**
 - **Radial pulse**
 - **Apical pulse**
 - **Respirations**
 - **Blood Pressure**

STANDARD Hygiene and Grooming

10 Students will discuss the importance of bathing, oral care, skin care, and personal grooming.

- 10.01 Explain the importance of cleanliness, good hygiene, and grooming.
- 10.02 Describe the general rules related to bathing patients and the observations to make.
- 10.03 Identify the safety precautions for patients taking tub baths or showers.
- 10.04 Identify the purposes of perineal care.
- 10.05 Describe the principles of skin care.
- 10.06 Identify the purposes of a back massage.
- 10.07 Explain the importance of oral hygiene and list the observations to report.
- 10.08 Explain the importance of hair care, shaving, nail and foot care.

10.09 Demonstrate the following skills:

- **Baths**
 - **Complete bed bath**
 - **Partial bed bath**
- **Back rub/massage**
- **Perineal care**
- **Hair care/shampoo (bed, tub, sink)**
- **Mouth care**
 - **Dentures**

- Natural teeth
- Unconscious patient/resident
- Shaving
 - Electric
 - Safety
- AM care
- PM care (bedtime)
- Nail care/foot care
- Dressing/undressing patient/resident

STANDARD Elimination

11 Students will understand procedures and processes related to human elimination.

11.01 Identify basic structures and functions of the urinary system.

11.02 Define terminology related to elimination.

11.03 Promote patient/resident's independence and safety.

11.04 Respect patient/resident's rights.

11.05 Demonstrate the following skills:

- Bathroom privileges with assistance
- Catheter Care
 - Positioning bag and tubing
 - Peri-care
 - Emptying bag
 - Replacing external male catheter
 - Changing leg or drainage bag
 - Documentation of output
 - Decontamination procedures
- Bed pan/urinal
- Bedside commode
- Incontinent care
 - Enema
- Ostomy care
 - Colostomy
 - Ileostomy
 - Ureterostomy
 - Empty bag
 - Observe/record
 - Appliance application/if policy permits
- Specimen collection
 - Simply urinalysis
 - Simple stool
 - Clean catch/mid-stream

STANDARD Body Systems

12 Students will describe basic anatomy and physiology of specific body systems in addition to basic pathophysiology and modifications of care.

- 12.01 Define key terms for each body systems module.
- 12.02 Explain the basic anatomy of each system.
- 12.03 Understand the reasons you give care.
- 12.04 Describe any changes to report to the nurse.
- 12.05 Describe basic pathophysiology of each body system.

12.06 Demonstrate the following skill:

- **Observe and report changes and/or breakdown.**

STANDARD Cognitive Impairment and Mental Illness

13 Students will discuss principles to follow when caring for cognitively altered conditions and mentally ill patients.

- 13.01 Identify general principles to follow in caring for cognitively altered and mentally ill residents.
- 13.02 Define ways to modify care when caring for cognitively altered and mentally ill residents.
- 13.03 Define the role of social services.

STANDARD Rehabilitation and Restorative Care

14 Students will understand the goals of rehabilitation and restorative care.

- 14.01 Describe how rehabilitation involves the whole person.
- 14.02 Identify restorative care.
- 14.03 List the common rehabilitation services.
- 14.04 Explain how to promote quality of life.

STANDARD Death and Dying

15 Students will describe the needs and care of a dying patient.

- 15.01 Identify the needs of the dying resident.
- 15.02 List and define the five stages of Kubler-Ross's grieving process.
- 15.03 Describe death with dignity.
- 15.04 Identify physical care of the dying patient.
- 15.05 Perform post mortem care.
- 15.06 Describe POLST (Physician Ordered Life-Sustaining Treatment).

15.07 Demonstrate the following skills:

- **Post mortem care.**
- **Communication techniques in dealing with the dying.**